

# ELLICOTT CITY 50+ CENTER

February 2022



9401 Frederick Road  
Ellicott City, MD 21042

Main Building 410-313-1400

50+ Fitness Ctr 410-313-0727

Center Email

[ellicottcity50@howardcounty  
md.gov](mailto:ellicottcity50@howardcounty.md.gov)

Center Hours

Monday - Friday  
8:30 am-4:30 pm

Fitness Center Hours

Monday - Friday  
8:30 am-4 pm

50+ Hotline 410-313-5400

Newsletter On-line

[www.howardcountymd.gov  
/ellicott-city-50-center](http://www.howardcountymd.gov/ellicott-city-50-center)

Volunteer Website

[www.hocovolunteer.org](http://www.hocovolunteer.org)

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## Welcome Back!

The 50+ Centers will resume in-person programming and classes starting Tuesday, February 1.

- ◆ Most 50+ Center group programs, classes, events and drop-in activities will resume. Feel free to call the Center to check the status of a specific program or to withdraw from a class.
- ◆ The Connections Social Day Program at Ellicott City will resume effective Tuesday, February 1, 2022.
- ◆ The indoor mask mandate remains in effect for all Howard County buildings and facilities.
- ◆ Stay COVID safe: get vaccinated, wear a mask, keep your distance, wash your hands and get tested.

## It's Center Council Election Time

Are YOU a Future Member?

Elections for new Center Council members will take place in March, 2022. Anyone interested in a Council seat can pick up an application packet at the front desk. If you would like first hand information, consider attending the Center Council meeting on Monday, February 14 at 1 pm. All Center members are eligible to run for Council and vote. The Council is always looking for a few good men and women to lend a hand and this time, it could be YOU!



## GENERAL INFORMATION

### 50+ Center Staff

Cindy Saathoff, Director  
csaathoff@howardcountymd.gov

410-313-1415

Vicki Stahly, Assistant Director  
vstahly@howardcountymd.gov

410-313-1421

David Irwin, Fiscal Technician  
dirwin@howardcountymd.gov

410-313-1422

Michelle Resig, Registrar  
mresig@howardcountymd.gov

410-313-1400

Jake Krebs, Registrar  
jkrebs@howardcountymd.gov

410-313-0727

Felicia Stein, Connections Director  
fstein@howardcountymd.gov

410-313-1425

Joyce Nagel-Mortell, Connections Asst. Dir.  
jnagel@howardcountymd.gov

410-313-1426

Jill Rose, Connections Assistant  
jrose@howardcountymd.gov

410-313-1408

Jill Kamenetz, MAP Specialist  
jkamenetz@howardcountymd.gov

410-313-6009



### Ellicott City 50+ Center Council

President: Bill Reichert

Vice President: Sajda Ilyas

Secretary: Dorothy Biller

Treasurer: Joe Strassner

Members at Large:

Bill Amos Carla Buehler

Karen Gatzke Marilyn Hartsell

Caroline Jackins Helaine Jeffers

Pat Philip Gigi Rammling

Email: [ellicottcity50pluscouncil@gmail.com](mailto:ellicottcity50pluscouncil@gmail.com)

Upcoming Center Council meetings:

February 14 and March 14 at 1 pm.

### Connections Social Day Program

The Connections Social Day Program is located within the Ellicott City 50+ Center. This supervised four-hour program promotes a balance of well-being, self-reliance, socialization and independence of adults who may require some assistance with daily activities. It features a variety of therapeutic programs and activities.

For more information on the program or to schedule a visit, call Felicia Stein, Connections Director at 410-313-1425.

## ADJUSTED CENTER HOURS

Monday, February 21

CLOSED (President's Day)

# GENERAL INFORMATION

## Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join Ellicott City 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple

guidelines to ensure that all members' rights and needs are respected.

To obtain a full list of guidelines, please request a copy at the front desk.



## Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current. Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.

## Scan In

Upon entering the 50+ Center, please have your membership card available to scan. This helps track accurate Center attendance.

## Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

## Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

## Transportation Options

Participants are responsible for their transportation to and from the Center. Possible transportation resources include: Regional Transit Agency/RTA Ride. To use RTA mobility services, riders must be certified. For information call the RTA Customer Service Line at 1-800-270-9553. Neighbor Ride: For price and information call 410-884-7433.

## Newsletter by Email

Sign up at the Front Desk to be added to the Center Newsletter Constant Contact List or visit: <https://visitor.r20.constantcontact.com/d.jsp?llr=opffxxxab&p=oi&m=opffxxxab&sit=xfryxhvk&f=d7a29a20-1094-4352-b463-fa6fd5f5ce8c>

# GENERAL INFORMATION & TAXES

## Inclement Weather Policy

If Howard County Public Schools are delayed or closed, Glenwood 50+ Center and North Laurel 50+ Center, who operate in a Recreation & Parks facility, will operate as follows:



1-hour school delay – will strive to open at 9:30 am.  
2-hour school delay – will strive to open at 10:30 am. All classes and programs scheduled before 11 am are canceled.  
Schools closed – will strive to open by 10:30 am. All classes and programs are canceled.

If Howard County Public Schools are delayed or closed, Bain, East Columbia, Elkridge and Ellicott City 50+ Centers (DCRS facilities) will operate as follows:  
1-hour school delay – DCRS facilities will open on time.  
2-hour school delay – DCRS facilities will open on time. All classes and programs scheduled before 11 am are canceled. Connections Program is canceled. No congregate meals are served.  
Schools closed – DCRS facilities will strive to open on time. All classes and programs are canceled. Connections Social Day Program is canceled. No congregate meals are served.

If Howard County Public Schools cancel evening and weekend activities: DCRS facilities will be closed for evening hours and classes canceled after 4:30 pm. For weekend activities, DCRS facilities will strive to open at 10:30 am. All classes and programs are canceled.

## AARP Income Tax Preparation

February 4 thru April 15

9 am-2 pm appointments

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held in the Classroom of the Ellicott City 50+ Fitness Center on Monday & Friday. This service is by appointment only.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ◆ Bring Social Security cards for anyone listed on your return.
- ◆ Bring 2020 state and federal tax returns.
- ◆ Bring 2021 tax records with you.
- ◆ If you had investment transactions during 2021, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call 443-741-1220. You will need to leave a message, Include your name and specify that you would like your appointment at the Ellicott City 50+ Center. A scheduler will call you back to confirm the date and time. For those who would like to schedule an appointment on-line, Google AARP Tax Aide Locator. For all other tax questions, call AARP directly at 888-227-7669.

**TAX APPOINTMENTS ARE NOT SCHEDULED BY CENTER STAFF and TAX PREPARERS ARE NOT AVAILABLE TO ANSWER PHONE INQUIRIES.**

# FEBRUARY AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>**In-house Exercise and Quarterly Pass classes resume beginning Tuesday, February 1. (\$)</b>	<b>1</b> 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	<b>2</b> 10am Genealogy 10am Chess Club 1pm Pinochle 1pm Needlework 1pm Paint Together	<b>3</b> 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	<b>4</b> 1pm Open Bridge 2pm Table Tennis
<b>7</b> <b>10am Men's Forum</b> 10 am Intermediate Bridge Class begins \$ 10:30am Cribbage 12:30pm Nutrition Presentation 1pm Open Bridge 1pm Paint Together 2pm Table Tennis	<b>8</b> 9am Mah Jongg 9am Paint Together 11am HoCo Police 1pm Pinochle 1pm Open Games	<b>9</b> 10am Chess Club 1pm Pinochle 1pm Needlework 1pm Paint Together	<b>10</b> 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 10am Basic Bridge 1 class begins \$ 1pm Mentored Bridge Class begins \$ 1pm Pinochle 1pm Open Games	<b>11</b> 1pm Open Bridge 2pm Table Tennis
<b>14</b> <b>10am Men's Forum</b> 10:30am Cribbage 11am Bunco 1pm Basic Bridge 2 Class begins \$ 1pm Council Meeting 1pm Open Bridge 1pm Paint Together 2pm Table Tennis	<b>15</b> 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	<b>16</b> 10am Chess Club 1pm Pinochle 1pm Needlework 1pm Paint Together	<b>17</b> 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 1pm Beginner Watercolor Class begins \$ 1pm Pinochle 1pm Open Games	<b>18</b> 1pm Open Bridge 1pm Travel Talks 1pm Intermediate Watercolor Class begins \$ 2pm Table Tennis
<b>21</b> <b>CENTER CLOSED</b> 	<b>22</b> 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	<b>23</b> 10am Chess Club 10am & 11am Conversational Sign Language begins \$ 1pm Pinochle 1pm Needlework 1pm Paint Together	<b>24</b> 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	<b>25</b> 11am Real Estate 1pm Open Bridge 2pm Table Tennis
<b>28</b> <b>10am Men's Forum</b> 10:30am Cribbage 11am Back Pain Presentation 1pm Book Club 1pm Open Bridge 1pm Paint Together 2pm Table Tennis			<b>KEY:</b> Boldface= held in the 50+ Fitness Center All other programs held in the 50+ Center main building \$ = Preregistration and/or payment required	



# ON-GOING PROGRAMS

## Painting Together

Monday or Wednesday 1-4 pm

Tuesday or Thursday 9 am-12 pm



Designed for the artist looking to paint socially with other artists. No supplies provided. Check with the day's

facilitator for space availability.

## Cribbage Club

Monday at 10:30 am

Join the fun where the objective is to get the value of the cards to reach exactly 15 or 31. This card game is designed for two to four players. Come play or learn this game.

## Seniors Together, Men's Forum

Monday

10 am-12 pm

Join this group of gentlemen who meet weekly to engage in lively conversation about current events and other noteworthy issues.

## Table Tennis

Monday - Recreational

Friday - Competitive

2-4 pm

Table tennis enthusiasts are welcome to drop-in for doubles play. Please adhere to the level of play based upon the day listed above. Improve hand-eye coordination as well as posture. Two tables provided; BYO paddles and table tennis balls.

## Open Bridge

Monday and Friday

1-4 pm

Open Bridge is available twice a week for those who enjoy playing in a casual environment. No instruction is provided.

## Medicare Counseling (SHIP)

Tuesday by Appointment

Meet with a trained counselor for help with your Medicare questions. This free service is available to Medicare beneficiaries of any age and their families/caregivers. To schedule an appointment, call 410-313-7392.

## Mah Jongg

Tuesday and Thursday

9 am-12 pm

Enjoy a morning of friendly competition in this game played with a set of 144 tiles. Tiles are based on Chinese characters and symbols and winning requires skill, strategy and calculation. Instruction not provided.

## Open Games

Tuesday and Thursday

1-4 pm

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games such as Canasta, Hand and Foot or Pitch. No supplies or instruction provided.

## ON-GOING PROGRAMS

### Pinochle

Tuesday thru Thursday

1-4 pm

Join the group as they engage in this trick taking card game. Do your best to form combinations of cards into melds and make new friends!

### Play Chess

Wednesday

10 am

Like to play or looking to learn? Join instructor and chess enthusiast, Gene Crawford, as he provides basic fundamentals on this strategic game. A great time to drop by and play with fellow chess players or to brush up on your skills.

### Needlework Club

Wednesday

1-3 pm

Knitters, crocheters, fabric crafters and others come together to share their talents. Come by and join this fun and ageless group who happily share fellowship and conversation. No formal instruction provided.

### Maryland Access Point (MAP)

Thursday 8:30 am-4 pm by Appointment  
MAP Specialist, Jill Kamenetz will be at the Center every Thursday. She is a great resource for information about services offered through the Office on Aging and Independence, referrals and assessments. Call MAP at 410-313-1234 to make an appointment.

### Book Club

Monday, February 28  
at 1 pm

The group will discuss  
**"Where the Crawdads Sing"** by Delia Owens.

Monday, March 28  
at 1 pm

The group will discuss  
**"American's First Daughter"** by Stephanie Dray and Laura Kamoie.



### Nutrition Education & Counseling

First Monday of the month at 12:30 pm

Foods to Improve Cholesterol - February 7  
Diet can play an important role in lowering your cholesterol. Join the discussion on how to improve cholesterol levels naturally through food.

Join Carmen Roberts, Registered Dietician, LDN on the first Monday of each month as she presents the latest nutritional information. Following each presentation, there are two 30-minute appointments for individual nutrition consultation available to those who pre-register on-line or in-person. (A02420.603 or A02420.604)

### Americans with Disabilities Act Accommodations

To request this document in an alternate format or to request an accommodation to participate in a program/event, contact the Center at 410-313-1400 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

## EVENTS & PROGRAMS

### Genealogy with Bill Amos

Wednesday, February 2 at 10 am

#### The Breakthrough

A breakthrough is a productive insight otherwise known as an *“aha moment”*. We will look at a case study to find out how the breakthrough came about and what it takes for you to have one of your own.

### I ❤️ Bunco!

Monday, February 14 at 11 am

Join us for a simple dice game that will keep you moving and laughing. No prior experience is

necessary. Learn the game basics and luck handles the rest. The more players, the more fun. Prizes awarded at the end of the hour.

Space is limited, so be sure to sign up at the front desk.



### Officer Bill Kreitzer

Tuesday, February 15 at 11 am

#### Topic: Open Q & A Session

Howard County Police Officer William Kreitzer will be on-site to discuss current safety tips, scams, community safety concerns and fraud prevention. Be safe, be aware, be informed!

### Travel Talks

Friday, February 18

1 pm

#### **“Exploring New England by Land and Sea”**

Join the group as they learn the inside tips on how best to navigate travel during these uncertain times. Learn how to keep yourself and your travel dollars safe.

### Real Info on Real Estate:

Friday, February 25 at 11 am

#### Data breaches/Identity Theft/Credit Score

Stolen information can include social security and credit card numbers, bank account information, as well as medical records. Herein lies the importance of monitoring your credit score and credit history. Join Colleen Middleton, Northrop Realty, to get your real info on Real Estate.

### Revive Physical Therapy presents

#### Back Pain and You

Monday, February 28

11 am

Learn ways to manage back pain and the stress it causes. Join Renuka and her team as they discuss back pain, the causes, relief and exercises to keep healthy and strong. When back pain arises have the tools to minimize the discomfort before it gets unbearable. Bring your questions as a Q & A session will follow the program.



Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.



# INSTRUCTIONAL CLASSES

## Beginner Watercolor Class

Ever thought about dabbling in watercolor? This class offers opportunities to learn the basics of watercolor. No previous experience necessary; you too can paint. Supply list provided upon registration. Mostafa Torabi, Instructor.

Thursday 1-3 pm  
February 17—March 17 (A02501.602)  
5 classes \$38



## Intermediate Watercolor Class

Looking to take your watercolor skill to the next level? Build upon the basics learned in the beginner class to enhance your watercolor creations. Supply list provided upon registration. Mostafa Torabi, Instructor.

Friday 1-3 pm  
February 18-March 18 (A02501.604)  
5 classes \$38

## Intro to Sign Language

Get a first look at what sign language is all about. Begin to build your foundation by **learning the ABC's, 1,2,3's and the very basics of sign language.** Peggy Bruce, **Instructor, possesses a master's degree in Social Work** and is fluent in American Sign Language (ASL) since 1990.

Wednesday February 23-March 30  
12-1pm (A02639.603)  
6 classes for \$46

## Beginner Conversational Sign Language

Learning a new language is educational, fun and an interesting tool in communication. This week class builds conversation in sign language. You will learn how to sign to communicate with the deaf community. Peggy Bruce, Instructor.

Wednesday February 23-March 30  
10-11 am (A02639.601)  
6 classes \$46

## Intermediate Conversational Sign Language

This class will build on skills learned in the Beginner class. Learn and utilize basic conversational sign language vocabulary, sentence structure, finger spelling and numbers. During class students will practice receptive and expressive skills.

Wednesday February 23-March 30  
11-12pm (A02639.602)  
6 classes for \$46

Registration for Winter classes opened Wednesday, December 1, 2021  
Spring class registration will open on Friday, March 4. Save time-register on-line at:  
<http://apm.activecommunities.com/howardcounty>

# INSTRUCTIONAL CLASSES

## Basic Bridge-Part One

This course is targeted to new players who want to learn basic bridge concepts. Students will be taught the aim of the game, partnerships, suite ranking, point count, quick tricks, opening bids and responses. They will also briefly look at playing some hands. Hand-outs will be provided. Mark Shimshak, ACBL Life Master, Instructor.

Thursday

10 am-12 pm

4 classes \$43

February 10-March 3

(A02493.602)



## Basic Bridge-Part Two

Following Part One, learn what to bid on **the second round, after partner's opening bid** and the response. Overcalls will be discussed-**when to make one, partner's** responses and how to bid over them. Learn about counting winners, losers and best leads. Hand-outs provided, Mark Shimshak, ACBL Life Master, Instructor.

Monday

1-3 pm

4 classes \$43

No class: 2/21

February 14-March 14

(A02498.601)

Thursday

10-12 pm

4 classes \$43

March 17-April 7

(A02498.602)

## Basic Bridge-Part Three

Follows Part Two, Discuss pre-emptive bids and how to bid over them. Learn how to score and also about doubling. In playing the hand, students will learn the Rule of 11 when playing No Trump as well as when to finesse. Hand-outs provided, Mark Shimshak, ACBL Life Master, Instructor.

Monday

1-3 pm

4 classes \$43

March 21-April 11

(A02497.601)

## Intermediate Bridge

This course follows Basic Bridge-Part 3. Students will learn when to open 2 No Trump and other strong bids as well as two common conventions-Stayman and Blackwood. Students will learn how to analyze all the bidding and opening lead to help plan the play of the hand. Signaling will be discussed and hand-outs will be provided. Mark Shimshak, ACBL Life Master, Instructor.

Monday

10-12 pm

4 classes \$43

No class 2/21

February 7-March 7

(A02496.602)

## Mentored Bridge

This course is for those who already play bridge and have taken previous bridge lessons. Participants will bid and play hands and the instructor will discuss after the hand has been played what should have been bid and how the hand should have been played. Mark Shimshak, ACBL Life Master, Instructor.

Thursday

1-3 pm

4 classes \$43

February 10-March 3

(A02494.602)

# EXERCISE CLASSES

## Balance “4” All

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength, which together add up to safe



and active living. Allison Harmon, Instructor.

Monday & Wednesday

10 am February 2-March 16

12 classes for \$64 (A02405.601)

No class: 2/21

## Chair Yoga

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility and balance through standing and seated postures. Yoga helps to relieve tension and promotes an overall sense of well-being. Bring a non-slip mat to place under your chair. Susan Kain, Instructor.

Tuesday & Thursday

11:30 am February 1-March 17

14 classes for \$89 (A02421.601)

## Functional Fitness

Take a class that gives you a work-out to be better prepared for real life situations. Train specific muscles to help you do every day activities safely and efficiently. Focus on stretching, balance, and muscle tone. Allison Harmon, Instructor.

Tuesday & Thursday

10 am February 1-March 17

14 classes for \$74 (A02425.601)

## Better Balance

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Those participants 60 years of age and older can contribute up to the full cost of the program to ensure program viability. Participants under age 60 pay the full fee listed below. Pre-screening is required by calling Malarie Burgess at 410-313-6073. No internet registration. Vickie Jacobs, Instructor.

Monday & Wednesday

2 pm February 2-March 16

12 classes for \$39 (A02413.601)

No class: 2/21

## Tai Chi—SESSION POSTPONED

This class will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong. Easy to follow movements will improve body awareness, strengthen your joints and muscles and help you develop a state of mental quietness and relaxation. Charlie Toth, Instructor. *Class held in the 50+ Fitness Center*

Wednesday

1 pm TBA

11 classes for \$59 (A02430.601)

## Intermediate Tai Chi—SESSION POSTPONED

This class is designed to strengthen the Tai Chi learned in the introduction class. Class will include refinement of all the postures studied and will teach an additional set of postures. Must have successfully completed a full session of Tai Chi with this instructor. Charlie Toth, Instructor. *Class held in the 50+ Fitness Center*

Wednesday

11:30 am TBA

11 classes for \$59 (A02430.602)

# GROUP EXERCISE QUARTERLY PASS CLASSES

## Group Exercise Quarterly Passes

\$75 for 3 Month Unlimited Class Pass OR \$8/Class Drop-In Fee

This pass allows you to participate in any or all of the 10 classes on the weekly Pass Class schedule listed below. Instructors show high and low options and teach to mid-level intensity. Passes are established from the date of purchase and are available to purchase one quarter at a time.

- ◆ These classes are designed for participants who are able to get up and down off the floor without help, are comfortable bending, twisting and can walk without assistance.



- ◆ Schedule subject to change due to instructor availability, participant demand or attendance.
- ◆ At this time, face coverings must be worn while in any HoCo government building.
- ◆ Center Doors will open at 8:15 am for 8:30 am classes.

Day/Time	8:30-9:30 am	10-11 am
Monday	All in One	Power
Tuesday	Gentle Yoga	Zumba Gold
Wednesday	Power	Pilates
Thursday	Gentle Yoga	Zumba Gold
Friday	All in One	Yoga Fusion

**All in One** - Get it all in, in one class! Take in all the elements of fitness in one class; a good cardio work-out, strength training, balance and flexibility. Bring a mat for floor work.

**Gentle Yoga** - Build strength through gentle yoga stretches and strengthening exercises. An additional component helps build bone density and range of motion. Class predominantly done on the floor. Mat required.

**Pilates** - Using the abdominal exercises of Joseph Pilates, re-awaken core muscles, breathe life back into the spine and return balance, stability and flexibility to your body. Bring a yoga mat to class.

**Power** - A great class to help retain or regain muscle tone. This strength training class includes a cardio warm up along with use of hand held weights to help improve body composition and increase lean muscle mass.

**Yoga Fusion** - Combined the stretching of yoga coupled with the core-building and strengthening of Pilates. Bring a mat to class.

**Zumba Gold®** - Turns exciting Latin and international rhythms into a fun, safe and effective format for the active older adult. It's an easy to follow program that lets you move to the beat at your own speed.

# 50+ FITNESS CENTER

The Ellicott City 50+ Fitness Center is available to help put you on the path to lifelong fitness. It can be found directly across the parking lot from the main 50+ Center building.

## 50+ Fitness Center Lobby Hours:

Monday thru Friday 8:15 am-4 pm

410-313-0727



- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Room key fobs must be returned to the front desk before you leave or a \$10 replacement fee will be charged.
- ◆ Equipment Orientation may be viewed at:

[EQUIPMENT VIDEO](#)

<https://www.youtube.com/watch?v=8KyvEPCNJZ8>

## Fitness Equipment Room Schedule

Day	Available Time
Monday-Friday	Open: 8:30 am-4 pm



\$75/year County Resident

\$100/year Non-Resident

\$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks and provides more locations for your 50+ work-out. It includes unlimited use of fitness equipment rooms at:

### Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Mon-Fri 8:30 am-4 pm

### Elkridge 50+ Center

6540 Washington Blvd, Elkridge 21075

Mon-Fri 8:30 am-4 pm

### Ellicott City 50+ Fitness Center

9411 Frederick Rd, Ellicott City 21042

Mon-Fri 8:30 am-4 pm

### Gary J. Arthur Community Center

2400 Rte 97, Cooksville 21723

Mon-Sat 7 am-9 pm & Sun 9 am-6 pm

### North Laurel Community Center

9411 Whiskey Bottom Rd, Laurel 20723

Mon-Sat 8 am-9 pm & Sun 9 am-6 pm

### Roger Carter Community Center

3000 Milltowne Dr, Ellicott City 21043

Mon-Friday 6 am-10 pm

Sat 7 am-10 pm & Sun 7 am-9 pm

## Personal Training

Looking for one-on-one inspiration or a work-out tailored to fit your needs? See a flier for complete details on this service.

Half hour session = \$45

Package of 4 Half hour sessions = \$160

Package of 8 Half hour sessions = \$299

The Fitness Equipment Room is open for drop-in use during the open hours noted above. Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Please refrain taking calls while working out and wipe down equipment after use. Your cooperation is appreciated.